

Communication No. 2433

ISU eLearning New Online Course

ISU Coach Education Qualification Framework (Figure Skating) Level 1 Online Course

The ISU is launching the official online course for Level 1 of the ISU Coach Education Qualification Framework (Figure Skating) on the [ISU eLearning Platform](#). The first edition of the course will be open for two groups of 25 Figure Skating Coaches each (in total 50 Coaches) to be enrolled from different ISU Members between October 25 and December 13, 2021.

[ISU Coach Education Qualification Framework](#)

The ISU Coach Education Qualification Framework is a multi-level tool for ISU Members that are interested in providing educational sessions or building a national Coach education pathway for their Coaches. It has been designed to provide a standardized structure for the education of Coaches that can be used as a reference and guide by ISU Members establishing a Coach education program for Figure Skating, Short Track, and Speed Skating.

This course intends to give ISU Members a first understanding of what the ISU Coach Education Qualification Framework will provide so that they can decide in what way they could incorporate it into their Coach training programs. This course is a demonstration of how a Level 1 course could be structured. The ISU will not grant any type of certification to Coaches who participate in the course, but a badge of completion will be given to students and ISU Members may consider this training as part of their Coach education programs.

ISU Members that are interested in adopting the ISU Coach Education Qualification Framework courses as part of their Coaches education and training portfolios can get specific guidance and resources from the ISU for implementing the different levels of the Framework in their own countries.

Course content

The Level 1 course introduces the role of a Coach. The Coach may be a young helper or assistant, working with or without supervision in a variety of locations and arrangements, but under the direction of a more senior Coach. The emphasis will be on teaching basic ice familiarity to beginners – ‘**Learning to Ice Skate**’. The Level 1 Coach will understand the characteristics of learners and provide an

introduction to skill learning, although session plans may be devised by others. Attractive, enjoyable experience of the sport is essential in delivery practice.

At the end of the Level 1 course the Coach will be able to:

- Separate parts of a skill and apply appropriate teaching points and progressions to introduce and teach fundamental skills in a fun and positive environment.
- Design, deliver and manage a group teaching session.
- Apply learning styles and appropriate pedagogical methods to teach, detect and correct ice skating skills.
- Apply basic skating mechanics appropriate to elementary ice skating skills and learn to apply basic biomechanical reference points in coaching practice.
- Use introductory mental preparation and stimulation skills to motivate and engage the Skater(s) and nurture the joy of ice skating.
- Implement and ensure a fun and safe training environment, including proper equipment, both on and off the ice.
- Use strategies to develop an effective communication style, identify steps to solve problems and make informed Skater-centered decisions.
- Understand the roles and responsibilities of a coach and integrate characteristic values of Figure Skating practice into their behavior, demonstrating ethical conduct with Skaters, parents, volunteers, officials, and coaching colleagues.
- Recognize and become familiar with basic skating techniques.
- Show evidence of learning that has taken place, reflection on that learning for personal development, and demonstrate competence at an appropriate level.

Course Structure & Timeline

The Level 1 course is being delivered in partnership with the Professional Skaters Association (PSA). The course consists of **10 units** that will be launched weekly with videos, reading, and online assignments for students to do on their own, and interactive sessions for each unit that will take place from **October 25th to December 13th, 2021**. The course requires approximately **80 hours of learning time** including modules, coursework, logged practices and evaluation.

Each week, new units will be launched on the eLearning site and online interactive sessions will take place to discuss the topics of the units with the group. All sessions will be conducted in English by an experienced team of PSA Master Coaches:

- Carey Tinkelenberg, PSA Master Coach
- Patrick O'Neil, PSA Master Coach

There will be two different time zones choices, so that Coaches from all over the world can access the course on either one of the two groups:

- **Mondays 19:00 CET / 12:00 Central US Time** (for Coaches in Europe and America)

- **Mondays 20:00 Central US Time / 9:00 Beijing / 11:00 Sydney** (for Coaches in Asia and Oceania)

Sessions will be hosted on Zoom through 8 weeks(8 Mondays) following the timeline as below:

- **October 25:** Launch and introductory session
- **November 1:** Unit 1 - The Joy of Skating
- **November 8:** Unit 2 - The Safe Skating Environment & Unit 3 - Coaching On-Ice Group Classes for Beginners
- **November 15:** Unit 4 - Planning On-Ice Group Lessons
- **November 22:** Unit 5 - An Introduction to Skating Mechanics & Unit 6 - Teaching On-Ice Skills
- **November 29:** Unit 7 - Teaching the Entry-Level Basics of Ice Skating
- **December 6:** Unit 8 - Professional Coaching Conduct & Unit 9 - Communicating & Building Relationships
- **December 13:** Unit 10 - Reflective Compendium & Conclusion

Registration

Please inform your Coaches about this unique online learning opportunity. Any interested Coach is encouraged to register themselves via the ISU eLearning Platform and enroll in the course as follows:

1. Create an account / log in to <https://elearning.isu.org>
2. Access the [ISU Coach Education Qualification Framework Level 1 course](#)
3. Complete the questionnaire with your details
4. You will get a confirmation by email from the ISU eLearning team

Cost

The course is free of charge for participating Coaches. **Once registered and confirmed, the participating Coaches are expected to follow and complete the entire course as scheduled.** Badges of completion will be awarded only to those Coaches who will have attended 80% of live sessions and completed all the modules online.

Pilot Reviews

A pilot version of the Figure Skating Level 1 course was conducted in June 2021 with a group of 25 Coaches from 9 different countries who shared the following feedbacks:

💬 I feel the course as a whole was a great success and I definitely learnt a lot. It definitely makes you change your way of looking at coaching.

💬 This course really showed me that I am on the right track of becoming a great coach. It helped me to get back to the basics of how to teach the fundamentals to new skaters and to really be able to break down each element into simpler forms.

💬 This course is a great way for the grassroots coach to learn but also to network, which I think is so important in our work as coaches.

💬 I think all coaches all over the world should have the chance to take this course as I think no matter how many years of experience, it's always great to go back to basics.

💬 The facilitators were amazing, their energy and enthusiasm was wonderful and I certainly feel their love for skating.

Since there are only 50 places for these two groups in the course, the registration will work on a “first come, first served” basis. We encourage Coaches who are part of the global ice-skating family, wherever they may live, to enroll in this course!

For any additional information or questions, please email eLearning@isu.ch.

Tubbergen,
October 6, 2021
Lausanne,

Jan Dijkema, President

Fredi Schmid, Director General